

# SENIOR CENTER NEWSLETTER



## A MESSAGE FROM YOUR COMMUNITY SERVICES STAFF



Hello and Happy New Year to all of our San Bruno Senior Center friends. This newsletter contains some educational information on staying healthy and a few games to keep your mind sharp. We miss seeing you and look forward to the day when it is safe to gather again. In the next couple of months we will be bringing you some fun virtual activities so we can help you connect with some of your friends while remaining safe inside your home. The number one priority is your health and wellbeing! We miss you all.

*Community Services Staff*

### Virtual Piano Concert

Presented by Darshan Gupta

Saturday, January 30 at 4:00pm

Join Darshan as he brings you some classic piano pieces including Nocturne in E Flat Major by Chopin, Claire De Lune by Debussy, and Arabesque No. 1 by Debussy. To enjoy the concert, join the Zoom meeting listed below.

**Join Zoom Meeting**

**Meeting ID: 932 0127 2607**

**Passcode: concert**



### Valentine's Day Concert with Greg Hutto

Friday, February 12 at 2:00pm

Greg will sing and play guitar. Join him as he serenades you with some popular love songs. To enjoy the concert, join the Zoom meeting listed below.

**Join Zoom Meeting**

**Meeting ID: 999 5516 1433**


**Passcode: concert**

## AARP TAX INFORMATION

AARP will provide tax preparation for San Bruno Senior Center. The plan is to have you drop off your tax documents at the Senior Center at an assigned time. The completed tax forms would be picked up approximately one week later.

This process will start at the beginning of March. The number of seniors who can receive assistance is not determined yet and will depend on how many AARP tax volunteers are available this year. Taxes can only be done for people who have been to an AARP tax site in the past.



If you are interested, please call the Senior Center at 650-616-7150 and leave your name and phone number. Staff will call interested seniors with details



**Most residents will receive their vaccine from their primary health provider when it is their turn.**

Please contact your provider or health plan about your eligibility.

For more information on the County's vaccination plan, go to [www.smchealth.org/covidvaccine](http://www.smchealth.org/covidvaccine).

 COUNTY OF SAN MATEO  SAN MATEO COUNTY HEALTH  
All together better.

## FROM FABI'S KITCHEN

### QUINOA SALAD WITH VEGGIES

Serves: 2 to 3

Prep Time: 25 min

Cook Time: 20 min

### Ingredients

1/2 cup red-wine vinegar  
1/3 cup extra virgin olive oil  
2 bell peppers (red or green), diced into small pieces  
2 pounds fresh shiitake mushrooms, stems removed, caps halved  
2 medium carrots, shredded  
1/2 cup thinly sliced red onion  
1 1/2 cups quinoa  
1 pound baby spinach  
8 ounces feta cheese, crumbled  
Coarse salt and ground pepper to taste

### Instructions

- 1: Heat broiler to high. To make the dressing: using a small bowl, whisk together vinegar, oil, and season with salt and pepper.
- 2: On a large baking sheet, toss mushrooms with half of the dressing; broil, tossing occasionally, until most of the liquid has evaporated and mushrooms are tender, about 15-20 minutes. Make sure you keep an eye on them because they can burn.
- 3: Meanwhile, in a small saucepan, combine quinoa, 3 cups water, and 1 1/2 teaspoons salt. Bring to a boil; reduce heat to medium. Cover and simmer until liquid has been absorbed, 15 to 20 minutes. Turn off heat and fluff with a fork.
- 4: Place spinach in a large bowl; add hot mushrooms, quinoa, bell peppers, red onions, carrots, and reserved dressing. Toss to combine (spinach will wilt slightly). Top with crumbled feta and serve immediately.

## SAN MATEO ADULT SCHOOL



### Winter 2021 Online Classes

San Mateo Adult & Career Education is offering a variety of online classes including several fitness options, arts, history, and music appreciation.

For more information and to register,  
visit <https://sanmateoadulted.asapconnected.com/>

### SPANISH WITH NOEL TAPIA

#### Beginning and Intermediate Spanish

Tuesdays beginning January 26, 2021 from 10:00am-11:00am

If you are interested in participating in the virtual Spanish class (through Zoom), please contact Danielle at [dbrewer@sanbruno.ca.gov](mailto:dbrewer@sanbruno.ca.gov)



### ZUMBA WITH KATHY

Kathy Schmidt is inviting you to her Zoom Zumba Gold classes

**Friday, Jan 29, 2021—9:45-10:30am**      **Friday, Feb 5, 2021—9:45-10:30am**

**9:30 Virtual Doors Open**

**9:45 Class Starts**

**10:30 Class Ends**

[Join Zoom Meeting Link](#)

<https://zoom.us/j/94436725930>

Meeting ID: 944 3672 5930

If you have questions or suggestions for another class, contact Kathy at 650-808-0433 or [kathyschmidtfitness@gmail.com](mailto:kathyschmidtfitness@gmail.com)



### TEA AND TRIVIA

Make your drink of choice, pull up a chair, and join your favorite senior center staff for trivia fun! Tell your friends and log into Zoom using the links below.

**January 27 at 2:00pm Tea and Trivia**

<https://zoom.us/j/96329735288?pwd=QjBXMmNGempFTetpL2ZtbGNId0Q4UT09>

Meeting ID: 963 2973 5288

Passcode: trivia

**February 24 at 2:00pm Tea Trivia**

<https://zoom.us/j/96388205377?pwd=ZmxHTXRwQ2RwQk9qSjNjMzNHcIV3QT09>

Meeting ID: 963 8820 5377

Passcode: trivia



## AARP Drivers Safety

When you take the AARP Smart Driver online course, you could be eligible for a multi-year discount on your auto insurance. Plus safe driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally you will learn:

- ♦ Important facts about the effects of medication on driving
- ♦ How to reduce driver distractions
- ♦ How to maintain the proper following distance behind another car
- ♦ Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today
- ♦ Techniques for handling left turns, right-of-way and roundabouts

To register, log on to: <https://www.aarpdriversafety.org/>

For more information call: 1-800-350-7025



## Are you having difficulty hearing on the phone?

## We're here to keep you connected.

ClearCaptions is committed to the safety and wellbeing of our seniors during the current COVID-19 situation.

Our federally-funded no cost call captioning technology and service makes it easy to stay connected to family, friends, doctors and others, every time, for every call, every day.

We provide the following to individuals and communities:

Free **Home caption phone** deliveries with remote installation assistance

Free ClearCaptions **Mobile App for iPhones and iPads** with remote installation assistance

Contact me today to get connected.

**Elli Tehrani**

**Territory Manager**

**408-510-1941**

[elli.tehrani@clearcaptions.com](mailto:elli.tehrani@clearcaptions.com)





# Older Adult Resource Line is Expanding!

CALL US TODAY! Monday-Friday, 8am-4pm  
(650) 780-7542



All those age 60+ in San Mateo County can stay connected to resources and services during this time of "sheltering in place".



The Peninsula Health Care District and Peninsula Family Service have partnered to offer those age 60+ an easily accessible call line with support available in multiple languages.



One of our experienced professional support team members will be able to connect you to a wide range of community resources including food services and a weekly wellbeing call with a Senior Peer Counselor. Call us today at (650)780-7542.

This time of isolation does not mean that you have to be disconnected from community. We are here to help you.



Your health and wellbeing are important to us. We want to keep you healthy, well, and connected.



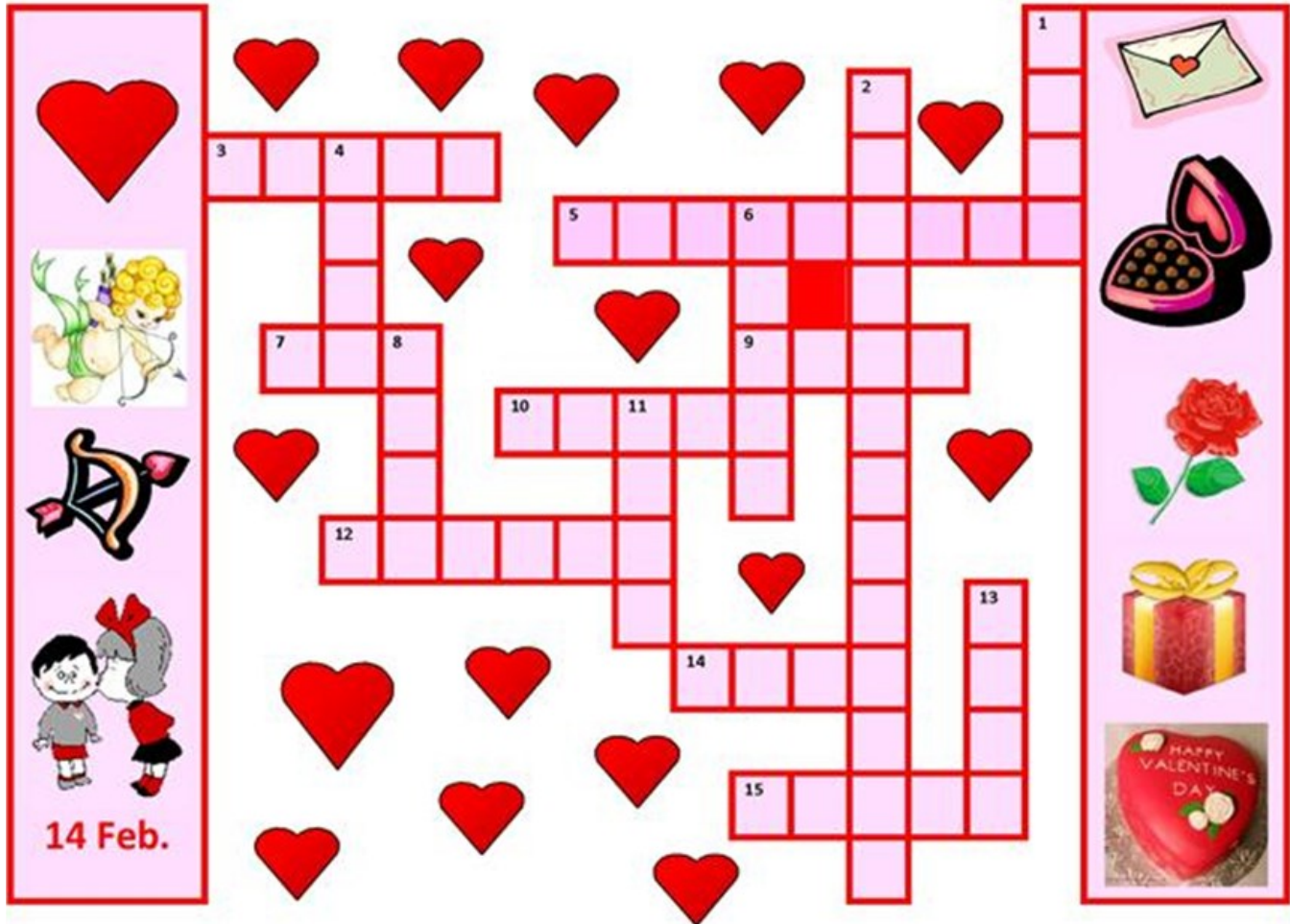
Founded in 1947, the **Peninsula Health Care District** serves the communities of San Bruno, Millbrae, Burlingame, Hillsborough, San Mateo and Foster City by supporting the unique health and wellness priorities of our Peninsula communities, and safeguarding access to health services, today and in the future. For more information: <http://www.peninsulahealthcaredistrict.org/>



**Peninsula Family Service**

Originally a small organization founded in 1950, **Peninsula Family Service** has grown to recognize the need for innovative, professionally led, locally targeted solutions to secure the wellness and stability of our neighbors. The community has rallied behind this mission, providing fundraising support and volunteers to establish and grow expert-led programs. For more information: <https://www.peninsulafamilyservice.org/>

# Valentine's Day



## Across

3. What cupid shoots.
5. A Valentine's Day treat.
7. Valentine's Day color.
9. Something you wear on your finger.
10. He shoots love arrows.
12. Something often written on Valentine's Day cards.
14. Touch lips.
15. The symbol of love.

## Down

1. An emotion.
2. A day for love.
4. The flower of love.
6. People often exchange these on Valentine's Day.
8. Go on a \_\_\_\_\_. Go somewhere with your boyfriend or girlfriend.
11. Something a poet writes.
13. Present.



## Valentine's Day Scramble

1. MSITETN \_\_\_\_\_
2. OWO \_\_\_\_\_
3. ELOEPVEN \_\_\_\_\_
4. SORE \_\_\_\_\_
5. UETREVLO \_\_\_\_\_
6. NEHOY \_\_\_\_\_
7. EMEARCB \_\_\_\_\_
8. OHDEAR \_\_\_\_\_
9. RMCOENA \_\_\_\_\_
10. ENRTED \_\_\_\_\_



### HISTORY BEHIND WHY WE CELEBRATE VALENTINE'S DAY

- ♥ People have been sending Valentines since the year 269 A.D. In that year, a Roman priest named Valentinus was in jail and order to be executed. His last act before he died was writing a love letter to the woman who frequently came to visit him while he was imprisoned. He signed the letter "From your Valentine" and from then on it has been considered the very first Valentine's Day card in history. He died on February 14, 269 A.D. and several hundred years later Pope Gelasius declared his death date would be known as St. Valentine's Day.
- ♥ Because the holiday came to be associated with the marriage rituals of Ancient Rome, it is believed that this is when the holiday took on a romantic meaning—but it wasn't celebrated with cards and gifts until almost 1,000 years later. In the early 1800s, Valentine's Day cards began to be mass-produced in Britain and the United States, and in the early 1900s, the Hallmark company was founded.
- ♥ People often refer to Valentine's Day as the "Hallmark Holiday", and there's some truth behind the nickname; the Hallmark company was actually instrumental in creating the holiday we know and love today. They created some of the first affordable Valentine's Day cards in the United States, and as the mail system became more efficient and less expensive, people began sending cards - which eventually led to sending flowers, gifts and other items, as well.
- ♥ Today, Valentine's Day is celebrated in the United States, Canada, Britain, Mexico, France, and Australia. And while cards are still sent, it is customary to share flowers, chocolates, candy, and gifts as well. It is reported Americans spend more than \$20 billion on Valentine's Day last year. They predict this year spending will increase to \$27 billion.

### TIES Advice and Emergency Line

**1-800-675-8437 (TIES)**

The TIES line is San Mateo County's 24-hour information and emergency response line for seniors, people with disabilities, dependent adults, and caregivers. The TIES line is staffed by knowledgeable and experienced social workers and public health nurses who can answer questions about the wide variety of services available through the County and in the community.

### Senior Services Resource Line

**650-780-7542**

Experienced professional support team members will be able to connect you to a wide variety of community resources, including food services and weekly wellbeing calls with a Senior Peer Counselor.

### Second Harvest Food Bank

**1-800-894-3663**

Living in our region can be expensive, but you don't have to choose between paying bills or eating healthy food. Second Harvest offers a number of free food resources. Many don't even require ID to apply.

### Samaritan House Pantry and Housing Assistance & Shelter [www.samaritanhousesanmateo.org](http://www.samaritanhousesanmateo.org)

4031 Pacific Blvd., San Mateo, CA 94403 650-341-4018 (Pantry) 650-347-3648 (Housing)

### Great Plates Delivered

**1-833-600-7276**

Older residents at high risk from COVID-19 can receive three nutritious meals per day delivered to their home from restaurants and other food providers across San Mateo County, helping them stay healthy.

### Senior Shopping Hours

**Lunardi's—Tuesday & Thursdays from 7-8am (plus 5% discount)**

**Safeway—Tuesdays, Thursdays, and Sundays from 6-9am**

**Lucky—Tuesdays & Thursdays 7-9am**

**Costco—Monday through Friday from 9-10am**

### COVID-19 Testing—Project Baseline

Testing is free and available to anyone without restriction, although an appointment is required in advance. To make and appointment, residents can visit Project Baseline's website <https://bit.ly/2xk73OL> or call 2-1-1. Registration opens 72 hours before testing dates.

## PUZZLE ANSWERS

### Answer Key to Valentine's Day Scramble

1. Smitten
2. Woo
3. Envelope
4. Rose
5. True love
6. Honey
7. Embrace
8. Adore
9. Romance
10. Tender

### Answer Key to Valentine's Day Crossword Puzzle

- |        |          |                    |         |          |           |             |          |           |
|--------|----------|--------------------|---------|----------|-----------|-------------|----------|-----------|
| Across | 3. Arrow | 5. Chocolate       | 7. Red  | 9. Ring  | 10. Cupid | 12. Be mine | 14. Kiss | 15. Heart |
| Down   | 1. Down  | 2. Valentine's Day | 4. Rose | 6. Cards | 8. Date   | 11. Poem    | 13. Gift |           |